

ARTICLES/DOCUMENTS AVAILABLE ON
CONSUMER SELF-HELP
Per Presentation by John Allen

Please check the documents you would like to have sent to you via email. You can either hand this form in at the conference, or you can send an email request to EITHER:

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If request is made by email, please indicate the numbers requested. If you do not have email, and are unable to hand in this form at the conference, please contact Tim Tunner at 703 682 5197

Your Name (optional): _____ Email (preferable) _____
Phone: (optional) _____

- ☐ #1 Self Help Groups: Are They Effective?
- ☐ #2 Self Help Groups: Toward a Definition
- ☐ #3 Why Self Help Groups Work
- ☐ #4 The Effective Self Help Group
- ☐ #5 Helpful Hints for a Successful First Meeting
- ☐ #6 The Importance of Community Support Groups
- ☐ #7 Keeping a Support Group Going: Five Things You Should Remember
- ☐ #8 National Self-Help Organizations: To Affiliate or Not To Affiliate
- ☐ #9 Principles for Organizing Community Support Groups
- ☐ #10 Resource Bibliography [for self help/mutual support groups]
- ☐ #11 Sample Guidelines for Group Discussion
- ☐ #12 Self-Help Group Resource Bibliography
- ☐ #13 When Talking Gets in the Way of Helping
- ☐ #14 Starting a Support Group: Some Important Decisions to Consider
- ☐ #15 Suggested Techniques for Recruiting Group Members
- ☐ #16 Suggestions on Locating a Meeting Place
- ☐ #17 Ten Ways to Guarantee that Your Support Group Will Fail
- ☐ #18 Program Ideas for Your Self-Help Group
- ☐ #19 Publicizing Your Self-Help Group
- ☐ #20 Public Relations Kit: Sample Letters and News Releases
- ☐ #21 Public Relations Strategies
- ☐ #22 Professionals and Self-Help Groups: A Reading Sampler [this is a bibliography]
- ☐ #23 Professional Involvement in Community Support Groups
- ☐ #24 Starting a Self-Help Group: Suggestions for Professionals
- ☐ #25 Ways Professionals Can Support You in Your Efforts
- ☐ #26 Working with Professionals: Suggested Guidelines for Self-Helpers
- ☐ #27 Advice: If it Feels So Good to Give, How Could it Be So Bad?
- ☐ #28 Evaluating Communication in Your Self-Help Group

PLEASE SEE PAGE TWO FOR MORE OPTIONS

- ___#29 For Your Ears Only: Keeping Confidentiality in Self-Help Groups
- ___#30 Group Maintenance Strategies: Ways to Strengthen Your Group when Problems Arise
- ___#32 On Dealing with Personal Anger in Self-Help Groups
- ___#33 Problem-Solving vs. Advice Giving
- ___#34 Responsibility of Group Members to Each Other
- ___#35 Strategies for Coping with Distress & Managing a Crisis in Your Group
- ___#36 Dealing with Challenges Within Your Self-Help Group
- ___#37 When Talking Gets in the Way of Helping
- ___#38 Advocacy Tools and Strategies
- ___#39 The Clearinghouse Advisor on Fund-Raising
- ___#40 Formation of a Nonprofit Corporation
- ___#41 Developing a Phone Network for Your Group
- ___#42 Self-Help Groups: Managing Your Resources
- ___#44 Maintaining Confidentiality in Rural Self-Help Groups
- ___#45 Self-Help Groups: Shelters from the Storms of Rural Life
- ___#47 The Art of Active Listening
- ___#48 Asking “Good” Questions
- ___#49 Basic Helping Skills: Techniques for Active Listening
- ___#50 Discussion Questions [for self-help groups]
- ___#51 Disengagement Strategies
- ___#52 Facilitating a Support Group: Five Basic Goals
- ___#53 How Can I Be an Effective Contact Person for My Group?
- ___#54 How to Build Shared Leadership
- ___#55 Key Characteristics of an Effective Support Group Leader/Facilitator
- ___#56 Preventing Burnout Among Self-Help Group Leaders
- ___#57 Resource Bibliography [on starting and maintaining self-help/mutual support groups]
- ___#58 Some Help for the Helper: A Guide for the Self-Help Group Contact Person
- ___#59 Ten Ways to Increase Your Chances of Motivating Others
- ___#60 Welcoming a New Member to Your Self-Help Group
- ___#61 The Art of Active Listening
- ___#62 Developing a Self-Help Support Network for Persons with a Rare Illness: Some Suggestions for Initial Outreach
- ___#63 How to Start a Self-Help/Advocacy Group of Mental Health Consumers
- ___#64 New Self-Help Guide Offers Help, Hope for Caregivers
- ___#65 Starting a Self-Help Group for Youth
- ___#66 Substance Abuse and Self-Help: Issues and Resources Bibliography
- ___#67 The 12 Steps of AA: A Model for Self-Help Groups
- ___#68 Self-Help: Women’s Ways of Sharing their Knowledge
- ___#69 [ARTICLE] Factors Contributing to the Survival of Self-Help Groups
- ___#70 [ARTICLE] Developing Communities of Leaders: Outcomes of a Statewide Initiative
- ___#71 [ARTICLE] Understanding the Development of Self-Help Groups: Empowering Roles for Social Workers
- ___#72 [ARTICLE] Photovoice and Consumer-Run Mutual Support Organizations